



Background

This lesson will introduce participants to the Teen Health Spa program. It will allow teens to get to know each other while beginning to think about ways they can benefit from the program. Specifically, they will learn to connect nutrition with health and beauty. They will develop an individual action plan to help them make positive behavior changes.

 <h3>Nutrition Component</h3>	 <h3>Natural Beauty Component</h3>
<p>Eat more fruits and vegetables</p> <ul style="list-style-type: none"> -Low in calories (maintain weight) -High in fiber and water -Rich in natural vitamins and minerals <p>Importance of water</p> <p>Importance of calcium</p>	<p>Facials with fruits and vegetables</p> <p>Vitamins and nutrients in fruits and vegetables are good for the skin when applied directly and when eaten.</p> <p>Water is a natural moisturizer</p>

Objectives

By the end of the lesson, participants will be able to:

- 1) Make a connection between nutrition and healthy skin
- 2) Identify the importance of water and calcium for our bodies
- 3) Develop an individualized action plan for making a positive behavior change



Key Messages

- 1) “Beauty foods” have Vitamin A, C and E. They are good for your skin and your body.
- 2) Healthy changes: we often know *what* to do; the hard part is *doing it*! Learning the behavior change process can help.
- 3) Small changes: Mini steps = Maximum results

Outline

- 1) Activity 1: Introduction (10 min)
 - a) Sneak Peek of the Teen Health Spa
 - b) *Pre-test*
 - c) *People Bingo*
- 2) Activity 2: Water (5 min)
- 3) Activity 3: Facials (40 min)
 - a) Facials
 - b) Food Tasting: Smoothies
- 4) Activity 4: Behavior Change (30 min)
 - a) The “Healthy” and the “Unhealthy” Teen
 - b) *My Mini=Max Plan*
- 5) Review & Preview (5 min)

NOTE: See *Packing List-Lesson 1* for preparation instructions

Have the room set-up (see Photos in the Appendix) and decorated, with music playing when the participants enter. Have them sign-in*, fill out a name tag, and find a seat. They can have snacks (if provided) or look through the *Teen Health Spa Recipe Packet** while they are waiting for others to arrive. Provide folders for the girls to keep their handouts in throughout the six weeks, collect the folders each week.

Activity 1: Introduction

Welcome the participants and introduce yourself and any other presenters and volunteers. Activity 1 includes an ice-breaker so participants can briefly introduce themselves.

Sneak Peek

Have various items set out that will be used in the upcoming Teen Health Spa sessions to incite interest. Show some of the items and give a quick preview of what it might be used for and what they will learn about it.

Read through the curriculum so you can decide what you would like to showcase and how they are used. Some examples of items to show are:

What might this oatmeal be used for? Eating is a good guess! But we are going to use it to clean the dirt from our pores! In the Teen Health Spa you will learn other natural ingredients you can use for your hair, nails and skin!

- Box of oatmeal
- Yogurt
- A mango, or frozen mangoes
- Nail kits
- Coconut oil
- Jojoba-Aloe Moisturizer*
- Invitation to the Pacific Islander Health Spa*



Teaching Tip

This activity is designed to create interest in the program. The more excited you sound and interesting you make it, the more curious the girls will be and the more likely to attend all sessions.



Give a preview of the facials, hand and nail treatments, and natural beauty secrets to get the girls excited!

Pre-Test

Distribute a *Pre-Test** to each participant to evaluate their current behaviors and their knowledge on health. To encourage anonymity, have each participant write their birthdate only on their *Pre-Test**, this way the tests can be directly compared with the *Post-Test** at the end of the course while their answers will remain confidential. Encourage them to be honest since their identity will not be known.

People Bingo



Teaching Tip

You may want to modify this activity depending on whether or not the participants already know each other.

This ice-breaker activity is an interactive game to help the presenter and the participants get to know each other and identify strengths within the group.

Each participant receives a *People Bingo** card. The participants walk around the room to “find someone who...” and then write the name of that person in the corresponding box. Each person’s

name can only be used once so the participants will have to talk to lots of other people.

After all their squares are filled, or after a designated time period, have a few participants share what they learned about someone with the class. Point out the strengths that different participants have and reinforce their healthy behaviors.

Sounds like Lita already drinks water everyday, that is great!

Activity 2: Water

Taste the Flavors

Water is good for our bodies and our skin, but many people don't like the taste. Review Water Handout*, (*Water: What Your Body Really Needs/Water: No sugar...No calories... It's free!*)

This week, the girls will try cucumbers in water just like one would get at a fancy spa.

In the following weeks, the participants will get to try a different "flavor" of water each week. For example:

- Hot Hibiscus Tea
- Fresh lemon or lime wedges in water or seltzer water
- Melon Cooler (see Water Handout*)
- Cold Hibiscus Tea, mixed with Seltzer water



Water is a natural moisturizer. Also, drinking enough water can help keep your skin clear.



Water:

- Has no calories
- Is free or inexpensive
- Is good for metabolism
- Helps to maintain weight
- Keeps you more alert



The Hibiscus flower is common in the Pacific Islands. Hibiscus tea is also a healthy, non-caffeinated alternative to soda or sugary drinks.

Activity 3: Facials

The facials, tomato, yogurt and cucumbers should already be placed on the *Fabulous Facial Placemat** (see photos in the Appendix). All recipes and instructions are located in the *Teen Health Spa Recipe Packet**.

Facials

- 1) Clean face with the *Cleansing Face Wipes**.
- 2) Tomato wedge: Rub the juicy part of the fruit all over the face. Let acid work for 5 minutes to break down dirt and oil in pores.
- 2) Low-fat plain yogurt: Apply the yogurt all over the face to exfoliate and tone the face. Let work for 5 minutes.

Review Calcium Handout* (*Calcium*) while the participants are applying the yogurt to their face.



Witch hazel and aloe vera are ingredients that you can purchase in the store. You can make these face wipes at home much cheaper.



Tomatoes are rich in Vitamin C which is needed for new skin cells. Although it's good to rub it on your face, it's even better to eat it!



Low-fat yogurt is a good source of calcium. Calcium also helps calm nerves.



Many Pacific Islanders are calcium deficient. Promote yogurt consumption as a good source. Hibiscus leaves also contain calcium.

- 3) *Oatmeal-Egg White Mask**: Apply the mask to face to pull the dirt from your pores and clean the skin. Let work for 10 minutes. Participants with sensitive skin should use the *Sweet Potato Supreme**.

**Teaching Tip**

There are several different facials included in the *Teen Health Spa Recipe Packet** and on the *Fabulous Facials Placemat**, if you want to keep it simple, choose only *one* for normal skin and *one* for sensitive skin. It is a good idea to point out to the participants the other options they have to try at home.

The facials take 5 to 10 minutes to dry, this is a good time to look through the *Teen Health Spa Recipe Packet** with the participants to show them all the beauty secrets included, such as the *Minty Foot Soak*, *Hair Care**, *Acne Prevention and Treatment**, and the *Benefits of Various Foods**.

- 4) Participants wipe off masks with moist, warm paper towels.
- 5) Spray jojoba-oil on a cucumber slice. Using a circular motion, moisturize the face.
- 6) Have participants put a cucumber slice on each of their eyes and relax for a few minutes. Play relaxing music in the background.



Oatmeal pulls the dirt and oil from your pores, it does the same for your gut! Oatmeal is high in fiber and can help you feel full longer. It's a great way to help you maintain your weight.



Jojoba oil is good for all skin types. It will not clog pores.



Stress-reducing and relaxation activities help prevent obesity.



Using cool slices of cucumbers on your eyes can reduce redness and swelling...great for after you have been crying, or if you didn't get enough sleep.

Food Tasting: Healthy Skin Smoothies

Have the participants turn to the *Healthy Skin Smoothie Recipe** in the *Teen Health Spa Recipe Packet**. Demonstrate how to make a smoothie by following the recipe and have the participants taste it. Explain or have them guess the nutrients in the smoothie that are good for them. Information on vitamins and nutrients can be found in the *Teen Health Spa Recipe Packet*: Benefits of Various Foods*.



Teaching Tip

Showing the girls how quick and easy it is to make a smoothie will increase their confidence in doing it themselves at home!

Have the participants look at some other *Healthy Snack Ideas**, also included in the *Teen Health Spa Recipe Packet**.



Key Message:

Beauty foods are those that have Vitamin A, C and E. They are good for our skin and good for our bodies! We can use them on our face, and we can eat them for healthy skin and bodies.



Beauty foods have:

- Calcium:** Helps grow strong bones;
- Vitamin C:** Repairs your skin and protects it from the sun;
- Vitamin A:** Nourishes the skin;
- Vitamin E:** Prevents scarring



Pacific Islanders suffer increased risk of obesity as they acculturate. Encourage healthy, cultural foods, such as mangoes and pineapples, that are available locally. See examples in the *Teen Health Spa Recipe Packet** and handouts.

Activity 4: Behavior Change

The “Healthy” and the “Unhealthy” Teen

Separate the participants into two groups. Have one group write and/or draw healthy habits on one poster paper while the other group writes and/or draws unhealthy habits on another poster paper. After they finish, both groups will share their ideas.

My Mini=Max Plan

All the participants will challenge themselves by changing at least one of their behaviors. Using the posters as examples of healthy and unhealthy behaviors, have each girl choose one behavior that she wants to change. Keep in mind that it is easier to start a behavior than to stop one, so instead of “not drinking soda,” try, “drink more water.”

Distribute the *My Mini=Max Plan** and discuss each question and sample responses. Have each participant complete their own individualized plan so that it is important to them. Use the *My Mini=Max Plan Guidelines** to help the participants develop their plan.



Teaching Tip

Completing the behavior change worksheet can be challenging. If you can work with small groups, their plans are more likely to be specific, measurable and achievable!

Brainstorm some ideas for staying on track with their plan. For example, girls may want to write reminders for themselves, or keep track of their progress on a calendar. Also, discuss the importance of social support from family, friends, and mentors.



Teaching Tip

Create your own behavior change plan and share it with the participants. By going through the process with them, you can act as a positive role model and you will better understand the challenges and successes they encounter.



Key Message:

We often *know* what to do; the hard part is *doing it*! Learning the behavior change process can help!



Key Message:

Mini steps equal Maximum results!



Social support through family and church is strong in the Pacific Islander community. Encourage girls to solicit help from their existing social support systems. They may find that a family member or friend also wants to make a behavior change.

Review & Preview



Teaching Tip

Depending on the group, you may choose to:

- Share one at a time as a whole class.
- Pair-share with the person next to them.
- Write it down on a stickie note and you can report summary information to the group.

1) Ask each participant to share the most important lesson she learned today.

2) Ask each participant to share one strategy she will use that week to work toward her goal.

3) Give a quick preview of the next lesson.

NEXT WEEK: Your Hands Reflect What You Eat

Have the participants put all their materials and handouts in their folders. Collect the folders. You will bring these folders to the class each week.

Before the next class, look over their *My Mini=Max Plans** that they have stored in their folders. Include a short note or comment on their plans or on a sticky note. The girls will appreciate the feedback and you can begin a written dialogue with them about their goal.

Ofa, drinking water is a great goal. I liked how you were specific and said you would drink 2 bottles of water each day. I can't wait to hear how you did!